Zion is the symbolism of our body and matrix the mind

Zion symbolizes the human body, and the temple where the meeting is being held is the brain. The art director did a great job of designing the set with ducts and tunnels to represent nerve connections. In Zion we fight the war against our thoughts, portrayed as the millions of Sentinels in the movie. It is the final battle for control of the body and mind as Self-realization dawns. More proof that Zion represents the human body comes from the dialogue of Councilor Hamann with Neo.

Councilor Hamann takes Neo down to the lower levels of Zion where no one usually goes. These lower levels symbolize the organs of the body. No one bothers with them unless there is a problem. Councilor Hamann shows Neo a water recycling machine and remarks how amazing it is even though he has no idea how it works. Here the Councilor is talking about the kidneys, which are part of the cleaning and recycling system in the body. A wise man is not interested in how something works. He is only interested to know how everything plays a part in the whole system. The reason why everything exists helps us to appreciate its importance in this world. Knowing this helps prevent abuse of the system.

From these we get the clues that Zion is the body and the ‘matrix” is the mind. We plug and unplug into the matrix everyday. When we are awake we plug into matrix and when we sleep we unplug from the matrix, the mind. It is very interesting to understand the real hidden meanings of all three matrix movies and through which we can understand the mystery of our lives.